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ABSTRACT

This guide to creating gymnastic pyramids and balances for physical educators, cheerleading coaches, and gymnastics instructors, has safety as its primary focus. It is pointed out that all pyramids and balances should meet the safety requirements of cheerleading and gymnastics organizations. The book provides thorough instructions and more than 400 illustrations for assembling, spotting, and disassembling partner and group stunts and pyramids. Instructions are given for building pyramids and balances for up to 13 people, and about 250 pyramids and balances are described. These gymnastic stunts are categorized according to level of difficulty and are fully illustrated, leaving room for original modifications. (JD)

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